

Lean Up for Women |

WORKOUT DAY

Breakfast

1 whole egg
2 egg whites
¼ cup oatmeal
½ oz almonds
1 gram omega-3 fish oil

Snack

4 oz 2% plain Greek yogurt
1 tbsp ground flaxseed

Lunch

¼ cup faro, Quinoa, brown rice
3-4 oz grilled chicken breast
¼ cup black beans
1 cup mixed greens
¼ avocado
1 gram omega-3 fish oil

Pre-workout

½ scoop Whey protein
5 grams BCAA

Post-Workout

1 scoop Whey Protein
8 oz coconut water
8 oz water
1 gram omega-3 fish oil
5 grams BCAA

Dinner

4 oz sirloin steak
1 cup broccoli
1 3-4 oz (small) sweet potato

Bedtime Snack

3 egg whites
1 oz mixed nuts (Almonds, Walnuts)

NON-WORKOUT DAY

Breakfast

3-4 oz lean ground turkey
1 oz mixed nuts
1 gram omega-3 fish oil

Snack

¼ cup oatmeal
1 tbsp ground flaxseed
2 egg whites

Lunch

3-4 oz low sodium lunch meat
1 cups mixed green salad
¼ cup fresh berries
1 tbsp oil / vinegar mix
1 gram omega-3 fish oil

Snack

1 scoop mixed protein
1 tbsp fresh ground nut butter
2 cups unsweetened vanilla almond milk

Dinner

4-5 oz salmon
15 asparagus

Bedtime Snack

½ cup organic cottage cheese
1 gram omega-3 fish oil

